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blocks on the upper part of the arm. The wooden blocks are coloured red with oxide of iron. A band strung with small pieces of wood of the same colour is sometimes worn round the forehead. Some of the married men wear a semi-circle of ivory on the forehead, made of the split canine teeth of the hippopotamus. (The tooth, however, I am informed, is not split, but ground down until it is only an eighth of an inch thick.) Others wear the tusks of a wart-hog. The Ja-luo men, like most of the tribes of Nilotic origin, frequently adopt a curious stork-like attitude, standing on some hillock or ant-hill on one leg with the other leg bent and the sole of the foot applied to the inner side of the knee of the leg on which the body is poised. They usually wear sandals of leather when travelling.

The Ja-luo live much by agriculture. They cultivate sorghum, sweet potatoes, peas, beans, simsim, groundnuts, tobacco, and hemp. Salt is made from the ashes of reeds. They eat practically all kinds of meat except the hyæna. Young men eat the heart in order to make them fierce in war. The crested crane is universally protected, and is never killed. The women do not eat fowls, and some women do not eat sheep or eggs. Some eat hippopotamus, and some refuse that meat. Women do not drink milk, but eat it cooked with food. They have a disagreeable custom of mixing cows' urine with the milk of the cow. The urine is allowed to stand a day or two in order to increase its flavour. The people say that this admixture increases the amount of butter in the milk. They like the flavour, and think that it has medicinal value. They kill cows by sticking a knife into the jugular vein. The head must be pointed to the west during the operation. Sheep and goats are killed in the same manner. Besides the flesh of fowls, cattle, sheep, and goats, they eat large quantities of fish, which they obtain from the rivers, and, above all, from the waters of the Victoria Nyanza.

Cooking is done entirely by women in earthen pots inside the hut or on the verandah, and the food is served in little wicker baskets. Father and sons eat together in a little separate hut which has open sides. Women eat separately from the men inside their own houses.

They do not hunt much with dogs, but catch a good deal of game in pitfalls. They will also attack the elephant with spears. Fish is caught in the Victoria Nyanza by means of large, conical wicker traps called "doma." The process is as follows: They bring two very long ropes, one end of each of which is firmly secured to the shore. One rope lies, weighted, along the bottom under the water, the other floats on the surface, but from it hangs a fringe of papyrus stalks. The two ropes above and below correspond with one another, and are connected at intervals with strings to ensure their correspondence, while the fringe of papyrus